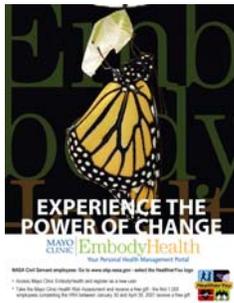


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An Exciting Health Promotion Enhancement for NASA Civil Servants



NASA's Office of the Chief Health and Medical Officer (OCHMO) is pleased to bring you and your family a trusted source of health information prepared by experts at Mayo Clinic, the world's leading name in health care. Beginning January 30, NASA Civil Servants are able to access a new private Web portal – *Mayo Clinic EmbodyHealth* – filled with practical health tools, programs, and reliable information.

You will also have the opportunity to take the Mayo Clinic Health Risk Assessment (HRA). It takes only 15 minutes to complete, at which time you are provided with a confidential Personal Health Report summarizing your medical and lifestyle risk factors. Your use of the site is private and confidential. Security has been a critical consideration in the design of the HRA. From the use of your individual user name and password to the selection of an encryption system, keeping your information safe and secure has been a top priority. Mayo Clinic will not share your data with any third party. NASA will receive only aggregate data from the Mayo Clinic to plan and deliver health programs that meet your needs.

To access the *Mayo Clinic EmbodyHealth* Web portal and the Mayo Clinic Health Risk Assessment, go to www.ohp.nasa.gov and click on the *Mayo Clinic EmbodyHealth* icon. The unique ID for registration is healthiernasa. An incentive is offered to the first 1,000 NASA Civil Servants who complete the HRA.

For additional information or questions, please send an e-mail to gail.a.bantugan@nasa.gov or jennifer.r.gerry@nasa.gov.

Any questions concerning this notice, contact:
NSSC Customer Contact Center
1-877-NSSC123 or nssc-contactcenter@nasa.gov

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